Parents Corner Topics: Puberty

JGN

Heather Corinna & Isabella Rotman
A graphic novel guide that covers essential topics for preteens and young teens about their changing bodies and feelings.

JGN

Go with the Flow!
Lily Williams & Karen Schneemann
Sophomores Abby, Brit, Christine, and Sasha are fed up. Hazelton High never has enough tampons. Or pads. Or adults who will listen. Sick of an administration that puts football before female health, the girls confront a world that shrugs—or worse, squirms—at the thought of a menstruation revolution. They band together to make a change.

J 305.3

You Be You!: The Kid's Guide to Gender, Sexuality, and Family
Jonathan Branfman
This is an illustrated children's book for ages 7-11 that makes gender identity, sexual orientation and family diversity easy to explain to children.

J 612.6

What's Happening to Me?
Alex Frith
This book describes puberty for boys, explaining the changes in a person's body and the feelings that come with those changes.

J 612.6

What's Happening to Me?
Susan Meredith
This book for girls explains what to expect in puberty, answers specific concerns, and gives tips on health care.

J 612.661

Boy Talk
Caroline Plaisted
Discusses body changes that happen to boys during puberty, such as acne, body hair, body odor, mood swings, crushes, and more, and gives suggestions to teen boys for taking care of their hygiene and keeping good relationships.

J 613.042

The Care & Keeping of You 1, The Body Book for Younger Girls
Valorie Lee Schaefer
Our best-selling body book for girls just got even better! With all-new illustrations and updated content for girls ages 8 and up, it features tips, how-tos, and facts from the experts. You'll find answers to questions about your changing body, from hair care to healthy eating, bad breath to bras, periods to pimples, and everything in between.

J 613
### The Boy’s Body Book
**Kelli S. Dunham**

Discusses the physical and emotional transitions that boys undergo during puberty, including growth spurts, voice changes, sexual development, peer pressure, dating, and new relationships within the family.

### The Care & Keeping of You 2: The Body Book for Older Girls
**Cara Natterson**

This thoughtful advice book will guide you through the next steps of growing up. With illustrations and expert contributors, this book covers new questions about periods, your growing body, peer pressure, personal care, and more! Written for girls 10 and up, it follows up the original bestseller with even more in-depth details about the physical and emotional changes you’re going through.

### Guy Stuff: The Body Book for Boys
**Cara Natterson**

This book will provide you with the answers that will help you take care of yourself better, from hair care to healthy eating, bad breath to shaving, acne to voice changes, and everything in between. With tips, how-tos, and facts from a real pediatrician, it’s the perfect book to help you learn about your body’s changes.

### Celebrate Your Body: (and its Changes, Too!)
**Sonya Renee Taylor**

Celebrate your body (and it’s changes, too!) is your guide to understanding and loving your body - now and as it continues to change. Here’s everything you need to know about breasts and bras, your period, hair here and there, feelings and friends, and so much more.

### Consent (for Kids!): Boundaries, Respect, and Being in Charge of YOU
**Rachel Brian**

This is a guide to consent and bodily autonomy, packed with bright and energetic illustrations. Readers will learn about boundaries and how to set them; ways to respect themselves and others; what to do if someone makes them feel uncomfortable or unsafe; and much more.

### Parenting Through Puberty: Mood Swings, Acne, and Growing Pains
**PT J 613.0433 KOWA,S**

### When Boys and Girls Become Men and Women: Everything You Need to Know About Growing Up
**PT 305.2355 MULL, J**

### Getting to Calm: Cool-Headed Strategies for Parenting Tweens + Teens
**PT 649.125 KAST, L**